

7-3-1,2

Recognizing Stress Signals

Grade Level	Seventh
Minimum Time Required	50 Minutes
Materials/Resources	Stress Management For Teens-J. Weston Walch, Publisher (1988)
Subject Area(s)	Guidance

Project Description:

1. Hand out the worksheet and read "Ideas to Remember."
2. Have students complete part 1 and discuss their answers.
3. Go over "Stress Warning Signs." Have students raise hands indicating those they've experienced. Discuss other items that may not be on the list.
4. Complete part II of the worksheet and discuss with the students.
5. Assign and also discuss "Stress Signal Diary."

Career Development Standard	Knowledge of the importance of growth and change.
Career Development Indicator	Identify feelings associated with significant experiences. Identify internal and external sources of stress.
Delivery Level	Review
Academic Standards	
Language Arts	1.1.c Use prior knowledge and experience to interpret and construct meaning from various texts. 2.2.c Select and use the writing format required for a specific type of publication. 2.4.a Write to clarify what is known about various topics. 2.4.b Write to synthesize, interpret, and use new information. 4.1.b Present oral information in a logical and coherent manner. 4.2.c Use recognized conventions/mechanics of language in personal communication.
Employability/SCANS Skills	Personal Qualities, Basic Skills
Assessment/Rubric	Students will be evaluated based on their completed worksheets as well as class discussion.

Submitted by: Stress Management for Kids


Name: _____ Date: _____

Recognizing Stress Signals


IDEAS TO REMEMBER


- ? SOME stress signals are physical—such as a headache or an upset stomach.
- ? OTHER stress signals show up as changes in your behavior—such as when eating or sleeping patterns change.
- ? IT'S important to learn the specific ways in which your body signals you that you are experiencing stress.

I. DISCOVERING YOUR STRESS SIGNALS

-  **Make** a list below of five situations in your life in which you have experienced stress.

Each situation can involve either short-term stress (such as just before an important school test or sports performance) or longer-term stress (such as reacting to the death of someone you love).

-  **Then** next to each situation list all the ways that your body and behavior reacted to the stress.

-  **Finally**, look at all the body and behavior signals you listed. Do you see any patterns that tell you something about your stress signals?

Situation

Body Signals

Behavior Signals












Name: _____ Date: _____

Recognizing Stress Signals

II. STRESS SIGNALS MASTER LIST

-  **Read** the body and behavior stress signals listed on Information Sheet #3: Stress Warning Signs that accompanies this lesson.
-  **Next**, read the list again and circle each signal that reminds you of ways in which you sometimes react under stress.
-  **Then**, from all your circled signals, list here the five signals that best seem to match your body and behavior stress signals:











III. STRESS SIGNALS DIARY

Becoming more aware of your stress signals will help you get more in touch with what your body is feeling.

The more in touch you become, the better you can be aware of and combat “hidden” stress.

-  **Carry** a small notebook with you for one week. Make a record of any body or behavior signal that you notice in yourself as you experience stressful situations.
-  **You** should especially take note of signals that you notice when you are not actually aware of experiencing stress. Is your body trying to tell you something?

Name: _____ Date: _____

Stress Warning Signs

These lists include some common ways in which your body and behavior can signal that you are experiencing stress.

It's important to recognize that these signals may also be symptoms of specific illnesses that require medical attention from your doctor.

Body Stress Signals

- ? Headaches
- ? Chest pain
- ? Back, neck, or shoulder pain
- ? Jaw pain
- ? Stomach pain
- ? Dizzy spells
- ? Shaky knees
- ? Nausea
- ? Frequent urination
- ? Body warmer or colder than usual
- ? Increased perspiration
- ? Skin Blemishes
- ? Low energy/constant fatigue
- ? Breathing difficulties
- ? Rapid heartbeat
- ? Digestion problems
- ? Voice strain

Changes in Behavior Patterns

- ? Change in sleeping habits (sleeping more or less than is normal for you)
- ? Change in eating habits (eating more or less than is normal for you)
- ? Lack of interest in things that normally interest you...or...
- ? Frantic increase in normal activity level/restlessness
- ? Withdrawal from friends and normal social activities
- ? Moodiness / over sensitivity
- ? Shorter temper / anger aroused more easily/lowered tolerance of frustration
- ? Weepiness / frequent crying
- ? Nightmares
- ? Increased nervous habits: nail biting, finger or foot tapping, hair pulling, etc.
- ? Inability to concentrate / feeling more disorganized
- ? Memory impairment
- ? Difficulty making decisions
- ? Repetitive thoughts
- ? Increased smoking or alcohol or drug use
- ? Change in feelings about yourself/increased negative thinking